



# HOW TO BE HEALTHY AND BEAUTIFUL

By MRS. HENRY SYMES

Beautiful Neck and Shoulders may be Developed by Care



EVERY woman should take pride in the appearance of her neck and shoulders, especially the woman who appears frequently in décolleté gowns, and just about the meanest trick nature can play a woman is to give her a thin, scrawny neck.

However, if you are the unfortunate possessor of one of the kind that absolutely refuses to wear a low-neck frock attractively, don't sit down and mope about it—it is a grievance that can be routed with work; but, mind you, it means continued and systematic work, and the change cannot be accomplished in the twinkling of an eye.

The beautiful neck is the one that gives fine poise to the head, that is in proportion to the body, and the one that is neither scrawny nor overfat, but of perfect lines with a delicate curve between throat and shoulders. A too slender neck, one that seems to support the weight of the head with trouble, is a blemish.

To obtain perfection in this direction the woman whose throat is too slender must expend her time in developing certain muscles, while the woman with the over-plump neck must expend her energies on an entirely different set. Exercise and massage are the two important factors, but neither will do any good unless persisted in.

Good general exercises are throwing the neck from side to side, and for-



Slender and Girlish

ward and back, keeping the body perfectly firm.

Neck and chest are so closely knit that one cannot be exercised without

strengthening the other. The woman who goes systematically to work to strengthen the neck muscles will find that the hollow in her back between the shoulder blades, and the flat effect of her chest, will soon disappear.

The same massage movements that will make a thin neck plump will also remove superfluous fat. But in the first case they should be very gentle, and preceded by application of hot water, which opens the pores so that they will absorb the skin food more readily. In the latter case, however, strong, firm strokes should be given, the flesh being literally pushed away, and cold water should be applied frequently.

To massage the throat let the head rest well back on the opposite side to the part being treated, and stroke first with the right hand and then with the left downward to the collarbone.

For a too prominent collarbone, massage above and below, using light pressure.

A splendid method of developing the shoulders is to shrug them. First expel all the air from the lungs and let the shoulders droop; then take in a long breath and raise the shoulders as far as possible. As the air leaves the lungs bring the shoulders forward. Repeat these movements several times.

Upon the texture of the skin of both neck and shoulders depends much of their beauty, and the same general care that is given to the face will keep it in good condition.

The neck is such an index of age if neglected, and so beautiful if properly cared for, that its development should claim the time and thought of the woman who wishes to be beautiful.

TO KEEP THE BODY LITHE AND GRACEFUL



IN RESPONSE to the many inquiries that come to me daily as to exercises that will successfully combat superfluous flesh, especially

about the hips and abdomen, I am describing the above exercises, which have been selected as the best for this purpose after numerous experiments, both

with and without mechanical appliances. From my point of view it would seem that no one is contented with his or her avoirdupois, and people are divided

into only two classes—those that think they are much too fat and those that think they are much too lean. Lack of exercise is one of the chief reasons for the accumulation of flesh, particularly about the abdomen and hips. Unhappily, the stouter one gets, the less one is inclined to exertion.

The exercises about to be described are highly recommended by one who has had much experience in directing exercises for the improvement of bodily symmetry. They are not only most effective, but they are easily performed. Lie with the body extended full length upon the floor, with the feet together and the arms folded upon the breast. (Figure 1.) Raise, first, one leg, stiffly extended, and then the other (Figure 2). This will also strengthen the muscles of the lower extremities.

The third movement, which is a very simple one, is to bring the legs, kept closely together, into a position as nearly as possible at right angles with the body. Next, lie extended on the floor supporting the body with one hand (Figure 4) while the other is placed upon the hip. While holding this position raise the body gradually from the floor until the whole weight is supported by the hand and feet.

## FORMULAS FOR SECURING AND KEEPING A CLEAR COMPLEXION

red scars, which look almost as bad as pimples. Also, for a good cream for the face, the skin of which is very dry.

Have read your health hints with deep interest, and am confident your suggestions will benefit me.

I am giving you formula for a cream which will help the pimples you describe. However, I advise you to take some internal treatment as well, as pimples usually indicate a disordered condition of the blood or digestive organs.

POSSATI CREAM FOR PIMPLES.

Lanolin, 5 grams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; oxide of zinc, 2½ grams; extract of violet, 10 drops.

Add a very little of the cream to each pimple; wait until the pimples are cured before using the face brush, which might irritate them.

MANY TROUBLES.—You had better consult a skin specialist in regard to your itching scalp, as yours seems to be an aggravated case, and I think you need internal as well as external remedies.

Good Skin Lotion.

Will you kindly publish recipe for cucumber cream? Could you also give formula for making hair curly; also how to give the hair a reddish cast without harm? And oblige.

I am giving you formula for cucumber cream, as requested. I do not know of any method for making the hair permanently curly; a good curling will make the waves stay in quite a long time. Henna stain will give the hair a reddish tint.

CUCUMBER LOTION OR CREAM.

Expressed juice of cucumbers, ½ pint; deodorized alcohol, 1½ ounces; sweet almond oil, 3½ ounces; shaving cream, 1 dram; blanched almonds, 1½ drams.

This is a suave lotion, very whitening, softening and cleansing. Take the shaving cream and dissolve in rose-water by heating in a custard kettle. Beat the almonds in a mortar, and by degrees work in the soap and water. Strain through muslin and return to the mortar. Stir constantly, working in gradually the alcohol, which the oils have been already dissolved.

Finds Recipes Helpful.

Your recipes are very fine. Have tried quite a number of them. Now, if you please, I would like to know where I can get the true galega "asteriscus."

Am glad you have found my recipes helpful. Commercial addresses are not given through this department, but a reliable druggist in any large city can procure the galega for you. Stop taking the remedy when the bust is sufficiently developed.

Annoyed by Superfluous Hair.

Will you kindly let me know through your next paper a recipe to help my ailment? I have hair on my neck and even on the lower part of my face. It cannot be noticed, so very much, because it is white and thin, but I would like to use something to destroy the hair without harming the skin.

DEPILATORIES.

Sulphide of soda, 100 grams; slaked lime, 80 grams; starch, 20 grams; lime water, 4 fluid drams.

Barium sulphide is also used as a paste for depilatories. The standard formula is:

Barium sulphide, 80 grains; powdered chalk, 400 grains.

Mix with water. The barium sulphide must be absolutely dry to be effective when it is mixed with the chalk. Enough water should be afterward added to make a stiff paste.

To Reduce Double Chin.

I have been a most interested reader of your beauty hints. Have made the orange flower cream. But a friend tells me the lanolin is an animal fat, and so will cause hair to grow. Is she right? Now I would like very much to have you tell me how to reduce a rather flabby double chin. I find massaging with creams makes it larger and firmer. I also have trouble with my scalp. It is very red, burns and itches. Is dry, no dandruff, but hair coming out badly.

WELL-WISHER.

Lanolin is used by itself or in large quantities is apt to promote the growth of superfluous hair, but the proportion of it used in the orange-flower cream is too small to have any harmful effect. To remove your double chin use hard, firm massage, without any cream what-

ever; bathe the throat frequently in cold water, and take the head rotation exercises night and morning. The condition of scalp you describe needs the attention of a specialist.

About Popular Remedies.

Being a constant reader of your valuable hints on beauty, I write to ask you if you will please tell me what the Vaucaire Remedy is and all about it. My bust is small.

ANXIOUS.

Dr. Vaucaire's remedy is for internal use in developing the bust. I am giving you formula, which you can have prepared by any reliable druggist.

DR. VAUCAIRE'S REMEDY FOR THE BUST.

Liquid extract of galega (goatsrue), 10 grains; lacto phosphate of lime, 10 grains; tincture of fennel, 10 grains; simple syrup, 400 grains.

The dose is two spoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.

Wants Fat, Round Face.

As I am a constant reader of your page, will you please advise me whether orange-flower cream will be good in my case; also kindly give recipe for same? My face is not round enough to suit me. If you know of anything better, to plump the face, will you kindly give me recipe for it? Trusting you will help me in this matter.

Mrs. H. H. H.

I know of nothing better than the continued use of orange-flower cream for fattening the face.

Bad Complexion.

Being a constant reader of your Health and Beauty columns, I would like you to kindly let me know what would be good for my face.

For the last two years I have been troubled with large red spots on both sides of my face, around the nose and also on my nose and forehead.

I have quite a few pimples, but they never appear on the lower part of my face, which is quite clear.

The pores are also very much enlarged and sometimes blackheads appear.

I cannot put water on my face, as it irritates it, so instead I use witch hazel. I hope I have stated my case

clearly and that you will be able to give me a sure cure.

KUTIE.

The spots on your face indicate an inward disturbance of some kind, most likely a disordered condition of the blood. I think a good blood purifier would help you. The following treatment is excellent for clearing the complexion. Just before washing it, rub it over with two teaspoonfuls of flowers of sulphur mixed in half a pint of new milk. This mixture should stand a little while before it is used on the face.

Spots on the Face.

Kindly tell me what will take away red scars and brown spots from the face, and greatly oblige.

BROWN EYES.

Massage with witch hazel cream will improve the appearance of the red scars and I am giving you formula for the removal of brown spots.

The following lotion has proved successful in similar cases:

TO REMOVE FRECKLES AND BROWN SPOTS.

Salicylic acid, 60 grains; bay rum, 4 ounces; Label. Apply night and morning with a soft cloth or sponge. This lotion soon produces a slight roughness of the skin, which should be subdued by the use of glycerine of starch.

Chapped Lips.

I am a constant reader of your column, and would be most pleased if you would tell me what I could do for my lips. They are chapped most of the time, and always dry, both summer and winter.

CONSTANT READER.

Apply the following salve to your lips at night and before exposure to wind or cold:

LIP SALVE.

White wax, ½ oz.; spermaceti, ½ oz.; sweet almond oil, 1 fluid oz.; oil of rose, 1 drop. Melt the wax and spermaceti, add the almond oil, and incorporate the oil of rose.

COMPENSATION.

I vowed unvarying faith, and she. To whom in full I pay that vow. Rewards me with variety. Which men who change can never know.

—Coventry Patmore, in Smith's Magazine.

## MRS. SYMES TELLS HOW TO BE BEAUTIFUL

### Wants Black Hair.

I have read and taken your very good advice; but have never written myself, and now hope you will give me a reply. I have dark brown hair, but want a perfect black. Can you give me a harmless way to dye it without injuring it at all? I have black eyebrows, and my skin is dark; so I think black hair would become me much better.

SUBSCRIBER.

If you have a nice head of brown hair, you are extremely foolish to tamper with it by trying to change its color. Be satisfied with the color nature has bestowed upon you, and rest assured it is becoming, as she doesn't often make mistakes.

### To Cure Chapped Hands.

Never having written to you before, I, of course, don't know what the terms are; but could you repeat a recipe for chapped hands? I saw it in your column in the early fall, but have lost it. As I remember it, it was: Glycerine and carbolic acid and lemon juice. But I don't remember the proportions. I hope I have not asked too much through my carelessness in losing the recipe.

A. B.

I do not recollect the cream for chapped hands to which you refer, but am giving you formula for a cream which has proved very satisfactory.

### CREAM FOR CHAPPED HANDS.

White petrolatum, 3½ ounces; paraffine wax, ½ ounce; lanolin, 1 ounce; water, 1½ ounces; oil of rose, 3 drops; alcohol, ½ dram.

Melt the paraffine wax, add the petrolatum and lanolin. Stir constantly, heating the water in during the process, add the oil and alcohol when nearly cold.

### To Develop the Bust.

Will you kindly tell me through your column how I can enlarge my bust? Have been ill, and do not gain in flesh very rapidly.

B. M. C.

Take the Vaucaire Remedy internally

### Use of Cocoa Butter.

Would you kindly let me know as soon as you can, please, if it is cocoa or coconut butter that is good to use to develop the bust, with massage, and oblige.

A CONSTANT READER.

Cocoa butter is an excellent skin food, and is frequently used to develop the bust.

### How to Use Lotion.

I have tried the cucumber cream mentioned in your columns, and should like to ask just how it should be used.

I have tried putting it on every night and washing it off with soap in the morning, but it brought an eruption out on my face.

If it is put on the face and then powder put on, should the powder be taken off with more cream?

Will you tell me how often it should be used on the face, and if it is for the face exclusively or for the hands, too?

A VERY CONSTANT READER.

The cucumber lotion is softening and cleansing, and it is unnecessary to use soap and water in connection with it. Simply wash your face with pure water in the morning. It has been used by hundreds of my correspondents with most satisfactory results, and can in no way be the cause of the eruptions on your face.

### Worried About Hair.

Will you kindly advise me how to stop falling hair? I am fair haired. My hair is weak and thin—almost lifeless—been falling out for almost three months as though it had no roots. My scalp appears dry and hot, and at times itches when heated. Have given it the best of care in keeping it clean, etc., but cannot get the scalp into a healthy condition. Have tried to give it life by massage, but it comes out so fast and easily,

and massage night and morning with a good skin food.

Please advise me what to do. A spot near the forehead, about the size of a quarter, is nearly bald. WORRIED.

Trim or snip the split ends of your hair, shampoo thoroughly and commence treatment with the following tonic.

FORMULA FOR DRY, FALLING HAIR.

Cologne, 8 ounces; tincture of eucalyptus, 1 ounce; oil of English lavender, 1 ounce; oil of rosemary, ½ dram each.

Apply to the roots of the hair once or twice a day.

### Hair Falling by Handfuls.

Kindly inform me what to do for falling hair. Every time I comb or brush, my hair it comes out by the handful.

ADELAIDE.

### FALLING OF THE HAIR.

Tincture of nux vomica, 1 ounce; spirits of rosemary, 2 ounces; alcohol, 2 ounces. Apply several times a week to the roots of the hair.

### To Remove Light Freckles.

I am an ardent reader of your page, and write to ask you if you will kindly advise me what to use for freckles on my face. They are yellow in color and appear quite numerous when exposed to the summer's sun.

J. W. N.

You will find the following lotion beneficial:

LEMON AND GYNERINE LOTION.

(For Light Freckles and Sunburn.)

Citric acid (lemon), 3 drams; hot water, 11 ounces; borax, 3 drams; red rose petals, 1 ounce; glycerine, 1 ounce.

Dissolve the acid and borax in the water; infuse the petals for an hour; strain through a jelly bag after twenty-four hours, decant the clear portion and add the glycerine. Apply as often as agreeable.

Pimples on Nose and Chin.

Can you give me a remedy for pimples on my nose and chin? Those on my nose are dark red and very seldom come to a head, but are very sore and make my nose red; as soon as one goes another comes; those on my chin leave